

# Becoming An Outdoors-Woman®

May 15-17, 2009 Holiday Lake 4-H Center, Appomattox, VA

This workshop is designed primarily for women. However, it is an excellent opportunity for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits. This workshop is for you if...

- ✓ You have never tried these activities but have hoped for an opportunity to learn.
- ✓ You are a beginner who hopes to improve your outdoor skills.
- ✓ You would like to try your hand at some new outdoor activities.
- ✓ You are looking for the camaraderie of like-minded individuals.

## Workshop Information

### Friday, May 15

3:00 p.m. – 5:30 p.m.	Check-in & Get Settled
5:30 p.m. - 6:30 p.m.	Dinner
7:00 p.m. - 9:00 p.m.	Evening Activities (Intro to Firearms & Breakout sessions)

### Saturday, May 16

7:00 a.m. - 7:45 a.m.	Breakfast
8:00 a.m. - 12:00 p.m.	<b>Session 1</b>
12:00 p.m. - 12:45 p.m.	Lunch
1:00 p.m. - 5:00 p.m.	<b>Session 2</b>
5:00 p.m. – 5:30 p.m.	Outdoor Cooking Sampling
5:30 p.m. – 6:30 p.m.	Dinner
7:00 p.m. - 10:00 p.m.	Raffle & Activities

### Sunday, May 17

7:00 a.m. - 7:45 a.m.	Breakfast
8:00 a.m. - 12:00 p.m.	<b>Session 3</b>
12:00 p.m. – 1:30 p.m.	Lunch & Farewell Raffle

**Lodging** is at the historic Holiday Lake 4-H Educational Center in Appomattox, VA. Most cabins are rustic; some are dormitory style with bunk beds and sleeping rooms, which accommodate up to 30 people. Bathhouses are located in buildings separate from the cabins and include showers, toilets, and sinks. Cabins are not heated or air conditioned. Participants will need to provide their own linens including towels, pillows, bed sheets and blankets or sleeping bags.

**Scholarships.** At this time, no scholarship funds are available. If you would like to contribute to the scholarship fund, please contact Jimmy Mootz at 804-367-0656 or [Jimmy.Mootz@dgif.virginia.gov](mailto:Jimmy.Mootz@dgif.virginia.gov).

## Registration Information

### **Registration Fee: \$175**

This fee includes meals, from Friday dinner to Sunday lunch, lodging, and the use of equipment, instruction, and evening events. *Please note, some courses require additional fees, and are so noted on the course descriptions.*

**To Apply:** Read program information carefully; then complete registration form, and sign the liability waiver. When choosing your courses, please mark your first four choices for each session (1 being your first choice). Some courses fill quickly, so your choices will assist us in getting you the courses you are most interested in taking. Please note that some courses do have prerequisites, which are mentioned in the course descriptions and on the registration form. Feel free to copy the registration form to give to friends.

**Confirmation** will be sent via email upon receipt of your registration and payment. After the registration deadline, you will receive a letter confirming your classes and directions to Holiday Lake, a list of suggested items to bring with you, and an agenda for the weekend. All demonstration equipment will be provided...Please do NOT bring your own equipment, unless specified in the brochure or in the suggested items list mailed to you.

**Registration Deadline** is 5:00 p.m. April 17, 2009. *No applications will be accepted by telephone!* Space for the workshop will be filled on a first come first serve basis. If the workshop should fill, a waiting list will be created.

**Cancellation Deadline** is April 24, 2009. If you cancel on or before May 1, you will receive a full refund. There are no refunds for registrants who cancel after the deadline, however, you may send a substitute to the workshop to attend your classes.

**Questions?** Contact Jimmy Mootz at (804) 367-0656 or [Jimmy.Mootz@dgif.virginia.gov](mailto:Jimmy.Mootz@dgif.virginia.gov)

## **Physical Activity Ratings**

Please note the following course physical activity ratings found beside the course name. If a course is rated as *LEISURELY*, it is not a very physically demanding course. If a course has a *MODERATE* rating, it will require a moderate amount of physical activity. A course rated as *RUGGED*, will be fairly strenuous, and may require hiking over uneven terrain.

### **Course Description**

#### **3-D Archery**     *LEISURELY*

For those who have the basics of archery, this is an opportunity to apply your archery skills in a simulated hunting environment with various 3-D targets. ***Prerequisite: Introductory Archery or be proficient in archery.***

#### **Animal Tracking**     *MODERATE*

See animal tracks as a way to learn who lives in the woods (or your back yard!). Participants will spend time determining which animals were present, when they were there, and what they were doing. Bring your cameras, and our instructors will help you preserve what you find.

#### **ATV & Trail Riding**     *RUGGED*

Learn how easy and fun maneuvering an ATV can be. You will learn the ins and outs of safely operating an ATV around turns, up and down hills, and over objects. When you complete the trail ride at the end of the training, you may want to buy your own!

#### **Backpacking 101**     *LEISURELY / MODERATE*

Learn how to gear up and camp out overnight. This course is designed to introduce you to equipment and clothing needs, trip planning, preparation, and safety. Optional overnight camping opportunity may be available.

#### **Climbing Wall**     *RUGGED*

Challenge yourself by conquering "The Wall!" Join the 4-H staff as they teach you to safely ascend and descend "The Wall". The focus of the challenge is teamwork, individual accomplishment and confidence building. This is a very fun, and rewarding experience. \* *Holiday Lake charges an additional fee of \$18 per participant, payable to the instructor at course location.*

#### **Firearm Sampling\***

This is your chance to experience different types of firearms as part of one class. Each participant will learn about and have the opportunity to shoot black powder, .22 caliber rifles, and shotguns. ***\*Prerequisite: Hunter Ed or Intro to Firearms course***

#### **Fishing Essentials\***     *LEISURELY*

Learn the basics of freshwater fishing with DGIF's top angler! This course covers equipment, where to find fish, how they live, and most importantly, how to catch them. Rigging, casting, and catching techniques will be covered and practiced.! ***Prerequisite: Valid Virginia freshwater fishing license required.***

#### **Fly Casting**     *MODERATE*

Participants will learn how to select equipment for fly fishing, techniques for tying knots, and the art of fly-casting. *Participants will not fish during this course.*

#### **Fly Tying**     *LEISURELY*

Participants will learn the relaxing and popular art of tying lifelike flies for use in fly-fishing. *Participants will not fish during this course.*

#### **Geocaching\***     *MODERATE*

This high tech sport has been described as a 21<sup>st</sup> century treasure hunt, and it's sweeping the world by storm with over 1 million players worldwide. Players will use GPS skills to navigate and discover hidden caches filled with "untold treasures"! If you have a spirit for adventure and an eye for detail, this course is for you! (visit [www.geocaching.com](http://www.geocaching.com) for more information) ***GPS or previous GPS skills are required for this course.***

#### **GPS**     *MODERATE*

Have you ever wanted to know your EXACT location? Have you heard about GPS units installed in some new model vehicles? Have you thought about buying a unit of your own? Well, sign up for this class and learn about the advances in global positioning system technologies. *See "Geocaching" for an exciting extension of this class.*

#### **High Ropes Course\***     *RUGGED*

Join the Holiday Lake 4-H staff as they lead you through a continuous series of seven elements that enhance teamwork and your individual self-confidence. Participants should be in fairly good physical shape. The height of the course is 30 feet. Helmets, safety harnesses and "static" lines are utilized while on the course. \* *Holiday Lake charges an additional fee of \$20 per participant, payable at course location or registration table.*

### **Hiking**      *MODERATE / RUGGED*

Learn the basics of hiking in the classroom, followed by a short hike to apply your new skills. Bring a bottle of water and a snack. (The hike will be shorter than the Lakeshore Trail Hike, and will follow a different trail.)

### **Intermediate Shotgun\***      *LEISURELY*

Completed the Shotgun Skills Development course and ready for a more challenging experience? A brief review of firearm safety and basic shooting techniques will be followed with an opportunity to shoot more difficult targets such as crossing birds, springing teal, and rabbits. **\*Prerequisite: Hunter Ed Certificate OR Intro to Firearms and Shotgun Skills Development.**

### **Introductory Archery**      *LEISURELY*

Learn how to select bows, arrows, and other archery equipment. Participants can try various types of archery equipment as they hone their shooting skills at the range.

### **Introduction to Firearms**      *LEISURELY*

Firearm safety, firearm identification, and ammunition selection for various firearms will be covered. *This course is a prerequisite for all other firearms classes. This is NOT a live fire course. It will be offered on Friday evening only.*

### **Introductory Handgun\***      *LEISURELY*

A brief overview of firearm safety and handgun techniques will be followed by the opportunity to practice handgun techniques at the range. **\*Prerequisite: Hunter Ed Certificate or Introduction to Firearms**

### **Jiggin' & Spinnin'**      *LEISURELY*

Spinnerbaits and jigs are among the most versatile and productive baits for bass and other freshwater game fish. Learn to make and customize your own bait with various combinations of colors and skirts. Participant will not fish during this course.

### **Kayak Quickstart!**      *MODERATE*

An overview of equipment, paddling techniques, and safety issues will be followed by an opportunity to practice with kayaks. Participants should be prepared to get wet during this class.

### **Knot Tying**      *LEISURELY*

Feeling a little knotty? Why not try this workshop? Afraid of losing the canoe off the top of the car because your knots look like unruly bird's nests? This class is for you! A fun hands-on class where you learn many different knots and the situations in which they can be used. Learn basic knots and how to match the right knot to each situation. The knots you'll learn are great for all types of outdoor activities including boating, camping & hunting.

### **Low Ropes**      *RUGGED*

Enhance your self-confidence and teamwork skills by completing a series of low rope elements just inches off the ground. This is an invaluable team-building exercise that everyone needs to experience! **Participants must wear STURDY shoes or BOOTS! NO EXCEPTIONS!** *\* Holiday Lake charges an additional fee of \$10 per participant, payable to the instructor at course location.*

### **Outdoor Cooking**      *LEISURELY*

Learn the secrets to create breakfast meals, one-pot dinners, desserts, and many other meals in a camp setting. Participants will cook over an open fire using paper bags, cans, grills, and Dutch ovens. Come to class hungry because eating the class work is a requisite!

### **Shotgun Skills Development\***      *LEISURELY*

A brief review of firearm safety and basic shooting techniques will be followed with an opportunity to practice shotgun shooting techniques at the range. **\*Prerequisite: Hunter Ed Certificate OR Intro to Firearms.**

### **Wild Edibles**      *LEISURELY*

Everything you ever wanted to know about wild edibles but were afraid to pick! Learn how to utilize the plants in the wild for food, tools, and some health remedies.

### **Wilderness Survival**      *MODERATE*

Learn the necessary skills for surviving outdoors with this course. Hands on experience in shelter building, the art of fire making, woods awareness, and other survival skills are all included in this awesome experience.

### **Wildlife Watching**      *LEISURELY*

Biologists will discuss the variety of habitats in Virginia, and provide specific information on the Commonwealth's wildlife. Participants should be prepared to walk and bring binoculars. (Equipment will be provided for this class for those who do not have their own.) A short classroom presentation will precede the field exercise portion. ***Includes a sunrise bird watch!***

### **Woodcarving**      *LEISURELY*

Learn the art of woodcarving under the mentoring hand of a master! Artist Doug Singleman will tap into the artist within you as you create perhaps your first masterpiece.

**Registration Form**  
**BECOMING AN OUTDOORS-WOMAN®**  
**May 15-17, 2009**

*Only one person may register per form. Please photocopy for additional registrations.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: day (\_\_\_\_) \_\_\_\_\_ eve (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

Are you 18 years of age or over? Yes No (Please circle)

**Workshop Fee** is \$175 and includes instruction in all sessions, program materials, use of demonstration equipment, all meals and lodging.  
**Entire fee must be included with completed registration.**

*\* Bring 3 first time participants with you, and receive a \$50 discount on your registration fee!*

**I'm bringing:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Concurrent Course Offerings** -- Indicate your top four choices for each session (1 being your first choice):

**SESSION 1**

**[Saturday a.m.]**

- \_\_\_ Animal Tracking
- \_\_\_ ATV & Trail Riding
- \_\_\_ Fishing Essentials\*
- \_\_\_ Fly Tying
- \_\_\_ GPS
- \_\_\_ Introductory Archery
- \_\_\_ Introductory Handgun\*
- \_\_\_ Kayak Quickstart!
- \_\_\_ Low Ropes
- \_\_\_ Outdoor Cooking
- \_\_\_ Shotgun Skills Development\*
- \_\_\_ Wild Edibles
- \_\_\_ Wilderness Survival

**SESSION 2**

**[Saturday p.m.]**

- \_\_\_ ATV & Trail Riding
- \_\_\_ Backpacking 101
- \_\_\_ Climbing Wall
- \_\_\_ Fly Casting
- \_\_\_ GPS
- \_\_\_ Introductory Archery
- \_\_\_ Introductory Handgun\*
- \_\_\_ Kayak Quickstart!
- \_\_\_ Outdoor Cooking
- \_\_\_ Shotgun Skills Development\*
- \_\_\_ Wild Edibles
- \_\_\_ Wilderness Survival

**SESSION 3**

**[Sunday a.m.]**

- \_\_\_ 3-D Archery\*
- \_\_\_ Animal Tracking
- \_\_\_ Firearms Sampling\*
- \_\_\_ Geocaching\*
- \_\_\_ High Ropes\*
- \_\_\_ Hiking
- \_\_\_ Intermediate Shotgun\*
- \_\_\_ Jiggin' & Spinnin'
- \_\_\_ Knot Tying
- \_\_\_ Wildlife Watching
- \_\_\_ Woodcarving

*Please sign me up for the following course(s) regardless of the session:*

\* PLEASE SEE COURSE DESCRIPTION FOR PREREQUISITES AND/OR RESTRICTIONS\*  
INTRODUCTION TO FIREARMS OR HUNTER EDUCATION IS REQUIRED FOR ALL FIREARMS COURSES.  
INTRODUCTION TO FIREARMS WILL BE OFFERED ON FRIDAY EVENING ONLY!

**Lodging preference:**

- ☐ **Early Bird Cabin** (to bed by 11 p.m.)
- ☐ **Night Owl Cabin** (to bed after 11 p.m.)

**I would like to be in the same cabin with**

\_\_\_\_\_  
\_\_\_\_\_  
We will attempt to honor your preference

**Shirt Size**

(Please circle one)

**S M L XL XXL**

**I would be interested in carpooling to the workshop**

☐ **Yes**

☐ **No**

*If you answer YES, you will be sent a list prior to the workshop of participants interested in carpooling.*

**Check here if you have any special dietary requirements or special needs that require assistance, and describe your needs:** \_\_\_\_\_

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**NO REGISTRATIONS WILL BE ACCEPTED BY TELEPHONE**  
**FEE MUST ACCOMPANY REGISTRATION.**

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**Send Registration and Fee to:**

**DGIF / Outdoor Education Program**  
**ATTN: BOW Registration**  
**4010 West Broad Street**  
**Richmond, VA 23230**

***Make Checks Payable to:***  
***Treasurer of Virginia***

For office use only: Date received \_\_\_\_\_ Confirmation sent \_\_\_\_\_ Check # \_\_\_\_\_

## **2009 BECOMING AN OUTDOORS WOMAN® CONTRACT AND RELEASE OF LIABILITY**

THIS BECOMING AN OUTDOORS WOMAN® CONTRACT AND RELEASE OF LIABILITY ("Contract") is entered into upon the date signed below by those individuals submitting requests for registration as participants ("Participants") by and between the Virginia Department of Game and Inland Fisheries and participating Federal, State, or local agencies and/or corporate sponsors ("Sponsors").

WHEREAS, "Sponsors" desire to provide an outdoor recreation skills training event to be conducted at Holiday Lake 4-H Educational Center on May 15-17, 2009.

WHEREAS, "Participant(s)" desire to receive instruction in one or more of the activities described in the BOW Information Packet and/or the Registration Form which are incorporated herein as is set forth in full.

NOW, THEREFORE, in consideration of the mutual covenants and conditions in this Contract plus other good and valuable consideration, the receipt of which is hereby acknowledged, the parties agree as follows:

### **SECTION 1: REGISTRATION OF PARTICIPANT(S).**

The "Participants" being the same participants that sign below, wish to receive the requested instruction.

### **SECTION 2: ACKNOWLEDGEMENT OF SPECIAL NEEDS AND RULES.**

For the purposes of your safety and to accommodate special needs, "Participants" agree to advise Sponsors of any pregnancy, mental or physical handicap, disability, visual and/or auditory impairment, influence of prescription drugs, illegal drugs and/or alcohol. I understand that as a registered guest, I (we) will not bring or possess ALCOHOLIC BEVERAGES OR ILLEGAL DRUGS onto the premises and understand and agree to abide by the general rules of conduct prescribed for guests of this event and by the facility being used for this event.

### **SECTION 3: RIGHT TO REFUSE PARTICIPANT(S).**

Participant(s) understands and agrees that Sponsors may disallow the participation of any Participant(s) which Sponsors believes in their sole judgment may present a safety hazard to other Participant(s), Sponsors' staff, Sponsors' invitees and/or to themselves.

### **SECTION 4: WARNING AND ASSUMPTION OF RISK.**

Participant(s) understands that outdoor recreation and conservation involves activities where there are inherent elements of risk always present despite all safety precautions. Participant(s) fully accepts any and all such risk(s).

### **SECTION 5: RELEASE OF LIABILITY FOR NEGLIGENCE.**

Participant(s) hereby, for themselves, their heirs, administrators and assigns, release and discharge sponsors, sponsors' agent and sponsors' affiliates from all claim for bodily injury, property damage, death, medical expenses and other financial losses occurring to the Participant(s) during the instruction due to the negligence of the Sponsors, Sponsors' agents and/or Sponsors' affiliate.

### **SECTION 6: INDEMNIFICATION.**

Participant(s) further agree to indemnify and hold harmless the Sponsors plus their agents and affiliates from any and all costs, including reasonable attorney fees, incurred in defending against claims arising from the negligent acts or omissions, reckless acts or omissions or intentional misconduct by themselves or other Participant(s) during the instruction.

### **SECTION 7: PUBLICITY.**

Participant(s) grant permission to Sponsors and their affiliates to publish, in any form, any photographs of Participant(s) while involved in the Instruction and agree that Participant(s) are not due any payment from Sponsors for publishing their photographs.

### **SECTION 8: ENTIRE AGREEMENT/VIRGINIA LAW/PARTIAL INVALIDITY.**

This document constitutes the final and entire agreement between Sponsors and Participant(s) concerning the Instruction. This Contract is delivered, executed, accepted and performed exclusively within the Commonwealth of Virginia and shall be interpreted and enforced under the laws of Virginia. In the event that any term or terms of this Contract shall be determined to be illegal or unenforceable all other terms and conditions of this Contract shall remain in full force and in effect.

**BY SIGNING BELOW, THE PARTICIPANT(S) WARRANT THAT THEY HAVE READ AND FULLY UNDERSTAND THAT THIS CONTRACT INCLUDES A RELEASE OF LIABILITY FOR NEGLIGENCE AND WARRANT THAT THEY SIGN THIS DOCUMENT OF THEIR OWN FREE WILL.**

NAME

AGE

DATE

Participant: \_\_\_\_\_

